

Food intake meeting energy and reward homeostasis

Citation for published version (APA):

Lemmens, S. G. T. (2011). *Food intake meeting energy and reward homeostasis*. [Doctoral Thesis, Maastricht University]. Maastricht University Press. <https://doi.org/10.26481/dis.20110317sl>

Document status and date:

Published: 01/01/2011

DOI:

[10.26481/dis.20110317sl](https://doi.org/10.26481/dis.20110317sl)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

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STELLINGEN

behorend bij het proefschrift

‘Food intake meeting energy and reward homeostasis’

1. De relevante fysiologische parameters GLP-1, PYY, ghreline, glucose, en insuline, zijn als biomarkers voor honger en verzadiging te beperkt. *(dit proefschrift)*
2. ‘Lekker’ in plaats van ‘gezond’ eten, voorkomt overconsumptie na ‘gezond’ eten. *(dit proefschrift)*
3. Overconsumptie tijdens eten buitenshuis vindt plaats ondanks een betere beheersing van de eetlust bij een langdurig diner. *(dit proefschrift)*
4. Acute stress bevordert voedsel- en energie-inname bij visceraal overgewichtigen in de verzadigde toestand. *(dit proefschrift)*
5. Het verzadigende effect van eiwit op de voedselinname wordt gedomineerd door een disinhiberend effect van stress. *(dit proefschrift)*
6. Stressed and desserts interact literally as well as scientifically. *(dit proefschrift en Brian L. Seaward)*
7. Gezondheid is balans en alles met mate. *(Anna Staal)*
8. There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered. *(Nelson Mandela)*
9. Laughter is the shortest distance between two people. *(Victor Borge)*